

ANNUAL NARRATIVE REPORT

STATE: ARIZONA

COUNTY: YAVAPAI

REPORT OF:

LUCINDA E. HUGHES

FROM: DECEMBER 1, 1954 to

NOVEMBER 30, 1955

TABLE OF CONTENTS

	Page
Cover and Title Page	0
Table of Contents	1
Preface	2
Highlights	3 - 4
Projects:	
Organization and Planning	5 - 24
Program Planning (Mimeograph)	9 - 11
Announcement Program Planning (Mimeograph)	13
Report Program Planning (Mimeograph) ..	14 - 18
House Furnishings and Surroundings	25 - 30
Clothing and Textiles	31 - 42
Remodeling (Mimeograph)	35 - 39
Nutrition	43 - 53
Herbs (Mimeograph)	47 - 49
Health and Safety	54 - 56
Recreation and Community Life	57 - 58
Extension Information	59 - 60
Miscellaneous	61 - 62
Outlook and Recommendations	63

PREFACE:

The following narrative report is a summary of the agent's activities in Yavapai County for the year 1954-55. A total of two hundred and thirteen days was spent in Yavapai County this year. Ninety days were devoted to work with 4-H club members.

I wish to take this opportunity to thank all National, State and County Extension workers who have given their most valuable time and assistance throughout the year.

HIGHLIGHTS:

Twenty-seven Yavapai County women attended the annual Bi-County Program Planning meeting held at Chino Valley this year. The newly re-organized Chino Valley Homemakers served as hostesses.

The highlight of the day was speech given by Dr. Richard A. Parry, Yavapai County School Psychologist. Points made by Dr. Parry were:

1. In order to be mentally healthy we must love more than we hate.
2. Develop a code of behavior.
3. Get satisfaction from living.
4. Emotional security is of first importance. Learn better ways of doing your job. Learn to work and play together as a family and as a community.
5. Emotional maturity. Emotions must be mature not juvenile.

Point four brought out by Dr. Parry fitted right into one of our Home Demonstration aims for the past year, "Happiness through family unity."

The women did an excellent job this Fall of selecting aims and problems which they feel will help them achieve their aims. Their discussion and final decisions showed that they were really thinking and planning ahead.

Two of the big accomplishments in the Home Demonstration Program this year have been:

1. The re-organization of an active Homemakers' Club in Chino Valley.
2. The establishment in Camp Verde and Cottonwood of baby sitting services for children of young mothers wishing to attend Homemakers' meetings.

The women participated well in the entire Home Demonstration program this year. The project which furnished the most fun seemed to be "Specialty Breads." Homemakers seem to be universally interested in making fancy, wholesome breads. Leader training meetings were held in two sections of the county. Leaders reported that attendance was exceptionally large and interest was high. Other projects for the year

(1955) were:

1. Health
 - a. Simple home nursing techniques
 - b. Verde Valley Health Chairmen:
 - 1) Promoted mental health clinics
 - 2) Procured a Public Health School Psychologist for the year September 1955 - September 1956
2. Home Management
 - a. Wood finishing and re-finishing
 - b. Upholstery
Special interest workshops
3. Nutrition
 - a. Cultivation of herbs
 - b. Use of herbs, one dish meals and vitamins A and C
4. Clothing
 - a. Pattern alteration and use of that pattern
 - b. Remodeling
 - 1) Coats
 - 2) Suits
 - 3) Dresses, etc.
 - c. Finishing techniques
5. Recreation
 - a. Program Planning (a portion of this program is recreation). (Music and how to get it into the club program).
 - b. Verde Valley Family picnic
 - c. Participated in the county-wide 4-H picnic.

ORGANIZATION AND PLANNING:

It is the aim of this Extension Agent to build a county home demonstration program to meet the needs of the families in her area. The agent endeavors to integrate and unify a number of projects into one county program. Through individual thinking, club recommendation and county-wide planning we endeavor to arrive at general overall problems which will lend themselves to extension teaching. This agent tries to keep the general extension home demonstration program on a high educational level, to not have the county-wide program filled with crafts and irrelevant projects which may have a temporary interest but which do not have a real educational value. The agent recognizes the therapeutic value of crafts but feels that these should be special interest projects led by either a woman in the group or some other person in the community. This teacher need not be a trained instructor but he or she must know the craft. The agent has assisted and will continue to assist groups to set up such special interest groups.

Still another problem in small communities in Yavapai County is to keep the women from becoming too involved, as a group, in local problems. The Humboldt-Dewey Homemakers group is a good example of giving too much thought to one problem, their Community Church, and not enough to other churches in the area. The agent is endeavoring to teach calm, rational consideration of all problems as they arise but not to go overboard on any one problem. Our county-wide program through its diversification of projects is a good example of this. The agent's primary aims in the Home Demonstration program are:

1. To teach the latest and best home economics information.
2. To have homemakers put this information into use.
3. To reach all rural homemakers in Yavapai County.

If disruption of any kind keeps homemakers from receiving and using the information we are not achieving our goals.

Homemakers are most cooperative in assisting with the planning of and participating in the Home Demonstration program. They realize the impossibility of the agent being at all meetings and doing all projects suggested. Their representatives have done a good job of attending Leader Training meetings and relaying the information to their other club members.

Program Planning

Program planning encompasses a wide range of endeavor, from Bi-County wide program planning to individual club, community and project planning. Theoretically each county does its program planning in the fall for the coming year. However, this meeting is actually a sifting of ideas and problems which the women have been accumulating throughout the past year.

The objects of an annual program planning day are;

1. To survey and evaluate the last year's home demonstration program in the county.
2. To discuss and plan for the next year's home demonstration program.
3. To introduce any new facilities which are available to the homemakers.

The aims of program planning are:

1. To arrive at a county-wide home demonstration plan of work which meets the needs of the largest possible number of people
2. To plan so that every one feels that their problems are at least being worked on if not completely solved.
3. To teach the value of planning.
4. To develop leadership by bringing women together and encouraging them to express not only their own individual problems but their communities' problems.

There are many ways of planning a county home demonstration program. The method used by the agent is for:

1. The women of the community, club or organization submit their problems or desires for the county program to their groups.
2. Each organization or club sends four representatives to the bi-county planning meeting held each fall.
3. Discussion groups (clothing, foods, home management, health) recommend to the agent and the meeting as a whole their recommendations for project work for the coming year.

4. Representatives from each group meet together at the end of the bi-county program planning meeting to select from the recommended home economics and health problems their specific recommendations.

Each representative comes to the bi-county program planning meeting more or less instructed as to what her group feels is important for the Home Demonstration program of the coming year. Each group (for example foods) may recommend as many as four or five problems for immediate action. Depending upon the scope of the problem one to three in each field may finally wind up on the bi-county program. Two factors have to be taken into consideration in planning the program. They are as this agent sees them:

1. The women's time and abilities.
2. The agent's time.

A tremendous effort is made by all extension personnel to meet the women's needs and to have a well rounded Home Economics and health program.

The values of bi-county program planning meetings are:

1. The women have an opportunity to express their own community problems. In this way they actually do plan their own Home Demonstration program.
2. The women have an opportunity to meet and come to know other rural women of both counties. Perhaps one of the greatest advantages is that through informal talking together homemakers come to realize that their own particular problems are not unique, that other groups and individuals have the same problems. It's always less difficult "to suffer together than separately."
3. The women come to realize the time limitations of the home demonstration agent and that it is not humanly possible for her to do everything that they may want and need each year. They assist in selecting the most pressing problems for immediate action.

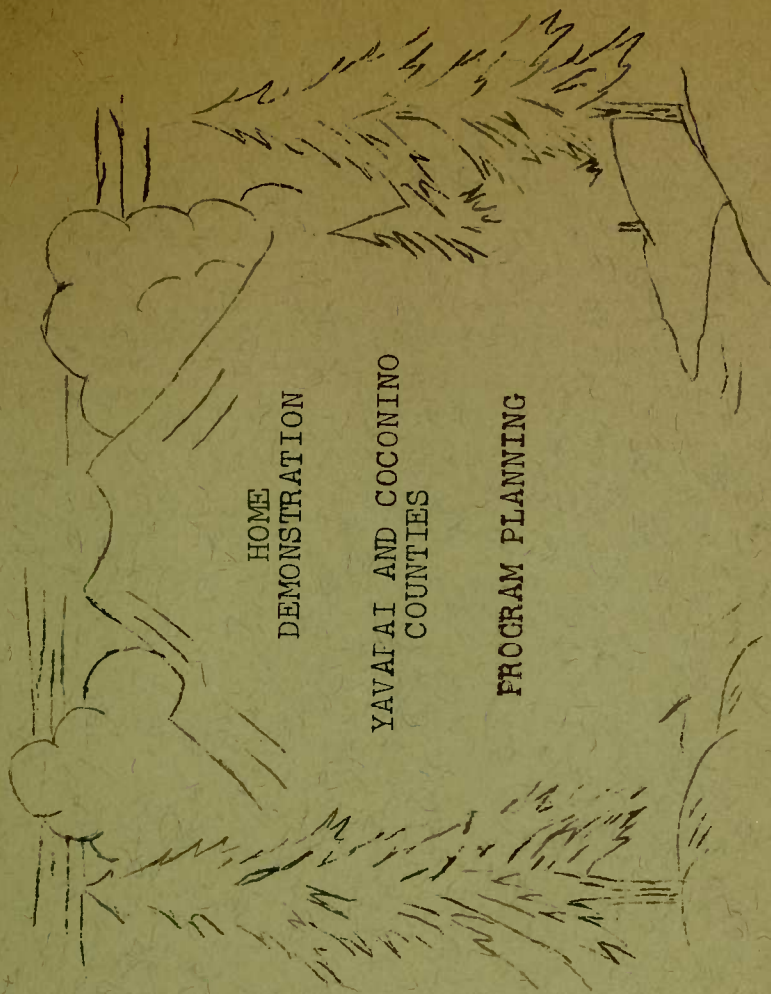
1955 Program Planning Meeting

The seventh annual (1955) Yavapai and Coconino counties program planning meeting was held at Chino Valley on October 5, 1955. This year we had three special events. They were:

1. The State Home Demonstration Leader demonstrated group singing with especially prepared records acting as the song leader.
2. The Yavapai County Agricultural Agent talked with the women on their part in the Agricultural Extension Service program. He emphasized that women must critically study all new scientific information and equipment and be ready to "change with the times."
3. Dr. Richard A. Parry, Yavapai County School Psychologist gave a most interesting and instructive talk on Mental Health. Some of the points which he brought out were:
 - a. In order to be mentally healthy we must love more than we hate. "Gossip and back-biting" are signs of mental disruption. Discipline is a symbol of love.
 - b. Develop a code of behavior.
 - c. Get satisfaction from living. At least once a week do something different. (Get your husband to take you out to dinner!!!)
 - d. Emotional security. Learn better ways of doing your job. Learn to work and play together as a family and as a community.
 - e. Emotional maturity.

All of the women attending the program planning meeting reported enthusiastically regarding Dr. Parry's talk. He was quoted many times on his remark about child discipline. He said that before he had children of his own (four) he knew all about raising them, now he has his doubts. However, he suggested that the old time "hickory limb, not too big," had its place in modern child upbringing. All clubs want Dr. Parry to talk to their entire group at least one time this year.

The agent feels that this year's (1955) program planning for the 1956 home demonstration program was most successful. (Program attached). Techniques followed were:



HOME
DEMONSTRATION

YAVAPAI AND COCONINO
COUNTIES

PROGRAM PLANNING

Co-operative Extension Work
in Agriculture and Home Economics,
the University of Arizona
College of Agriculture and the
U. S. Department of Agriculture
co-operating.

Community Church
Chino Valley, Arizona
October 5, 1955

October, 1955
100 c

HOME DEMONSTRATION PROGRAM PLANNING DAY
Yavapai and Coconino Counties
October 5, 1955 - Chino Valley

* * * * *

9:45-10:10	REGISTRATION
10:10-10:15	General Assembly Meeting called to order Lucinda E. Hughes
10:15-10:20	Welcome Mrs. Vernon (Virginia) Stattler President Chino Valley Homemakers
10:20-10:35	Women's Part in the Agricultural Extension Program Alvin Allen Yavapai County Agricultural Agent
10:35-10:50	Planning Your Home Demonstration Program Jean Stewart State Home Demonstration Leader
10:50-11:00	Recess
11:00-11:30	Discussion Groups get acquainted Clothing- Mrs. Glynn (Avis) Despain Nutrition- Mrs. Marie Smith Home Management- Mrs. Sam (Kay) Benedict Health- Mrs. Austin (Annie) Nunn
11:30-12:00	Mental Health Dr. Richard A. Perry Yavapai County School Psychiatrist
12:00- 1:15	Luncheon & Entertainment Chairman- Mrs. W. Sargent
1:15- 2:15	Reassemble into Discussion Groups
2:15-3:00	General Assembly Reading & discussion of project discussion group recommendations
3:00	HOMEWARD BOUND
Hostess Club	Chino Valley Homemakers

PROBLEMS WHICH WE HAVE STUDIED DURING THE LAST 4 YEARS

1952

1. Bread Making
2. Basic seven menus in relation to foreign cookery

1953

1. Freezer Problems

FOODS

1954

1. Pre-Planning & Economy Broiler & One Dish Meals
- Protein Value of Foods

1955

1. Cultivation of Herbs
2. Use of herbs in One Dish Meals, Vitamins A & C
3. Speciality Breads

CLOTHING

1. Tailoring
2. Finishing techniques

1. Making of Western Shirts
2. Choosing accessories for varying occasions

1. Simple Home Sewing for Beginners -Leader Training Meetings
2. Sewing Machine Clinics
3. Mending & Simple repair
4. New Types of material
 - a. Characteristics
 - b. Care

1. Basic Patterns Alteration & Use
2. Remodeling coats-Suits-dresses(Finishing techniques)

HOME MANAGEMENT

1. Simple Household Repair
2. Upholstery

1. Principles of color Textile painting
2. Hostessing & Entertaining-Calm, Cool & Collected

1. Window Treatments
 - a. Problem Windows
 - b. Drapery Making

1. Wood Finishing
2. Upholstery

HEALTH

1. Fly Control -Sectional Basis

1. Fly & Insect control -Community Basis

1. Early Recognition of Disease
1. Simple Home Nursing techniques

1. All clubs and groups were sent a letter announcing the program planning date and objective. (Copy attached).
2. All clubs were asked to send four official delegates and as many others as wished to attend.
3. Discussion group chairmen were furnished with material on trends in their particular fields. They were not given specific topics for selection. The aim of the program planning meeting is for women to present problems not solutions. We do not feel that selection from a list of special topics, such as "mending made easier," "eating for health in later life," etc. would accomplish the aim of program planning. Each year the women grow "a little bit" and show improvement in their abilities to recognize problems. This type of program planning problem recognition helps the women to grow in their leadership activities.
4. Each group was sent a report of the program planning meeting by the Home Demonstration Agent. (Copy attached).

This year (1955) the women did an excellent job at their program planning meeting. Discussion groups met from 11 A. M. to 11:30 A. M. and again from 1:30 P. M. to 2:30 P. M. The women seemed to like this broken discussion period. Each group wrote their recommendations for aims and project work on large poster paper. Then rather than each discussion group arranging the problems in the order of importance, each community group got together and decided what they as a group thought was the most important problem. Each community had two choices of problems in each of the four fields of the Home Demonstration program.

Aims or goals recommended by the discussion groups were:

1. To promote physical and mental health in the home.
2. To make meal time more nutritious, enjoyable and attractive.
3. To pool family time and energy.
4. To acquire more knowledge of modern equipment and materials.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
—
FLAGSTAFF

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND COCONINO COUNTY COOPERATING

September 12, 1955

AGRICULTURAL EXTENSION SERVICE
COUNTY AGENT WORK

Dear President:

The Bi-County Program Planning meeting will be held at the Community Church, Chino Valley, October 5, 1955. Chino Valley Homemakers will be the Hostess this year. You will have an opportunity to meet and talk with Dr. Richard A. Parry, the Yavapai County School Psychiatrist.

Please have your Foods, Clothing, Home Management and Health Chairmen or their representatives attend this meeting as official delegates. All other club members and friends are invited to attend. Please fill out and return the attached reservation sheet to me not later than September 28, 1955.

Find enclosed a copy of the 1954 and the 1955 County Home Demonstration Programs. Most of you probably have this knowledge at your finger tips but perhaps a quick resume may help you plan for 1956.

Remember, each group should be represented by at least four women (one for each discussion group) at our bi-county program planning in Chino Valley, October 5, 1955. Let's plan the program best suited to each of your needs and desires.

Sincerely yours,

Lucinda E. Hughes
Lucinda E. Hughes
HOME DEMONSTRATION AGENT

LEH:T
Encs.

50 c.

SUBJECT: Bi-County Program Planning
PLACE: Community Church- Chino Valley
DATE: Wednesday, October 5, 1955
TIME: 10 A.M. to 3 P.M.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

October 10, 1955

REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING

The seventh annual Yavapai and Coconino Counties Home Demonstration Program Planning day was held at the Community Church, Chino Valley, Arizona, from 10 A. M. to 3 P. M. on October 5, 1955. Thirty-seven county representatives of homemakers clubs and L.D.S. groups and three Extension staff were present.

Miss Jean Stewart, State Home Demonstration Leader, using recordings especially made for the purpose, lead the ladies in group singing.

The Program Planning meeting was called to order at 10:15 A. M. by Lucinda E. Hughes, Home Demonstration Agent for both counties.

Mrs. Vernon (Virginia) Statler, president of the Chino Valley Homemakers' Club gave a brief welcome on behalf of her club. Mr. Alvin Allen, Yavapai County Agricultural Agent discussed with the women their participation in the Agricultural Extension Program. Mr. Allen pointed out to the women that they must be willing and able to change with the time, not keep using the "old scrub board." He pointed out to the women that it is the job of the Agricultural and Home Demonstration Agents to relay the latest information and research on both farming and home economics to the farm family, and that it is the job of the farmer and homemaker to put these recommendations into practice wherever possible.

Dr. Richard A. Parry, Yavapai County School psychologist gave a most interesting and instructive talk on Mental Health. Some of the points which he brought out were:

1. In order to be mentally healthy we must love more than we hate. "Gossip and backbiting" are signs of mental disruption. Discipline is a symbol of love.
2. Develop a code of behavior.
3. Get satisfaction from living. At least once a week do something different. (Get your husband to take you out to dinner!!)

4. Emotional security. Learn better ways of doing your job. Learn to work and play together as a family and as a community.
5. Emotional maturity.

I am sure that we are all glad to have Dr. Parry as a part of our Yavapai County community.

A delightful luncheon was served by the Chino Valley Community Church Fellowship ladies. The music by Mrs. W. R. (Natalie) Bowers and Mrs. S. W. (Felice) Swain was "swell." (Doesn't seem as if the Chino Valley Homemakers need any records does it?)

Discussion groups met from 11 A. M. to 11:30 A. M. and again from 1:30 to 2:30 P. M.

Discussion chairmen were:

Clothing	- Mrs. Glynn (Avis) Despain
Nutrition	- Mrs. Marie Smith
Home Management	- Mrs. Sam (Kay) Benedict
Health	- Mrs. Austin (Annie) Nunn

aims or goals recommended by the discussion groups were:

1. To promote physical and mental health in the home.
2. To make meal time more nutritious, enjoyable and attractive.
3. To pool family time and energy
4. To acquire more knowledge of modern equipment and materials.
5. To learn more creative activities.
6. To learn ways of doing our job better as homemakers.

Recommendations of the various groups for project work and study in 1956 were:

1. Clothing
 - a. Keeping up with the care and characteristics of the new, man made, fibers and materials.
 - b. Organizing our sewing centers.
 - c. Care in selection of childrens shoes for health and comfort.

- d. Selection of comfortable foundation garments.
 - e. Sewing machine clinic.
 - f. Making of skirts and blouses.
2. Nutrition
- a. Freezing (what and how).
 - b. Canning (jams, jellies, pickles).
 - c. Outdoor cookery.
 - d. French Bread.
 - e. Herbs and use of left overs.
 - f. Preparing wild game.
3. Home Management
- a. Furniture and major appliance buying.
 - b. Management of family time.
 - c. Leather and/or copper work.
 - d. Making lamp shades.
 - e. Making picture frames.
4. Health
- a. Mental Health.
 - b. First Aid in the Home (Home Nursing Yavapai County).
 - c. Teenage Recreation.
 - d. Home Defense.

All clubs voted that in their opinion the recordings would be most useful in teaching the songs "Arizona Sing."

My thanks to each and every homemaker who gave her time and effort to assisting in the planning of the 1956 program. I hope that the proposed plan of work will be acceptable to all clubs.

Sincerely yours,

Lucinda E. Hughes
Lucinda E. Hughes

HOME DEMONSTRATION AGENT

LEH:P

Proposed plan of action to answer this year's (1956) problems. (This is tentative and will have to be okayed by the State office).

Special Notes:

1. Any club having members interested in crafts should get together with me and we will arrange for special interest group meetings.
2. The Sedona club was especially interested in making lamp shades. If they will plan with me I will make special arrangements for such a class.

JANUARY	-	Program Planning, Clothing and Health Club Program Planning Care and selection of children's shoes for health and comfort	Agent
FEBRUARY	-	Organizing our sewing center (Special interest group meetings later on construction of simple center)	Agent Leader
MARCH	-	Health Mental Health Lectures	Dr. Parry
APRIL	-	Home Management Buymanship of furniture and major appliances Leader Training Meetings	Leader Specialist and Agent
MAY	-	Home Management Management of family time	Agent
JUNE	-	Nutrition Food Preservation Freezing - what and how Use of Left overs (Herbs)	Agent
JULY	-	Nutrition Canning - Jams, Jellies, Pickles	Agent

AUGUST	-	Own meeting Crafts Health Teenage recreation Civil Defense (lecture by Civil Defense authority in your area).	
SEPTEMBER	-	Nutrition Outdoor Cookery Leader Training Meetings	Leaders Agent and Specialist
OCTOBER	-	Clothing Keeping up with the care and characteristics of the new, man made, fibers and materials	Agent
NOVEMBER	-	Special crafts demonstrations (The agent would suggest that each club have short demon- strations from club members or others in the community on crafts). These might also serve as Christmas suggestions.	
DECEMBER	-	PARTY	

5. To learn more creative activities.
6. To learn ways of doing our job better as homemakers.

Recommendations of the various groups for project work and study in 1956 were:

1. Clothing
 - a. Keeping up with the care and characteristics of the new, man made, fibers and materials.
 - b. Organizing our sewing centers.
 - c. Care in selection of children's shoes for health and comfort.
 - d. Selection of comfortable foundation garments.
 - e. Sewing machine clinic.
 - f. Making of skirts and blouses.
2. Nutrition
 - a. Freezing (what and how).
 - b. Canning (jams, jellies, pickles).
 - c. Outdoor cookery.
 - d. French bread.
 - e. Herbs and use of left overs.
 - f. Preparing wild game.
3. Home Management
 - a. Furniture and major appliance buying.
 - b. Management of family time.
 - c. Leather and/or copper work.
 - d. Making lamp shades.
 - e. Making picture frames.
4. Health
 - a. Mental Health
 - b. First aid in the home (home nursing Yavapai County).
 - c. Teenage recreation
 - d. Home Defense

The mimeographed report of the progfam planning meeting which was sent to each homemaker attending the meeting served to remind the homemakers of the high lights. All topics discussed were reiterated and a tentative program was announced. In the main all clubs seemed to be well satisfied with the results of their efforts.

Leader Programs - 1955

This year four subjects were carried by extension trained local leaders. They were:

1. Wood finishing
 - a. Preparing wood for finish
 - 1) removing old finish (old wood)
 - 2) sanding
 - 3) filling
 - 4) sealing
 - b. Application of finishes
 - 1) standard
 - 2) modern
2. Cultivation of Herbs

The Agricultural Extension Horticulturist, Mr. Harvey F. Tate, with the assistance of the agent conducted Leader Training meetings in all areas of the county. These leader training meetings covered:

 - a. Preparation of seedbed.
 - b. Care of seed beds during and after sprouting of seeds.
 - c. Transplanting of plants.
 - d. Planning and care of the family herb garden.
3. Pattern alteration. (Two months)

The women requested that they have a course in "making a basic pattern." However, Miss Helen Church, Clothing Specialist felt, and rightly so the agent believes, that it is more important for the women to know how to alter patterns than to have to always use one basic pattern. Today's styles vary so greatly from year to year that a basic pattern for the average home seamstress would be useless. Consequently leaders were taught to take a standard set in sleeve, straight or gored skirt pattern and alter it to fit their own individual measurements. Procedure for the leader training meetings was:

 - a. Each woman altered a standard pattern of the correct size to fit herself.
 - b. Each woman checked her pattern alterations. She made a cotton dress by the altered pattern.
 - c. Each woman learned various finishing techniques.
 - 1) New method machine hemming
 - 2) Setting in a zipper
 - 3) Setting in a sleeve
 - 4) Making and covering a belt and buckle

4. Specialty breads
Leader training meetings included:
 - a. Making of yeast roll dough
 - b. Making of no-knead dough
 - c. Making of batter dough
 - d. Shaping, baking and sampling of:
 - Fancy rolls
 - Herb bread
 - Cinnamon bread
 - Pizza
 - Bake and brown rolls
 - 1) Making them
 - 2) Serving them dressed up
 - Coffee or breakfast bread (batter)

Clubs carried three and/or four months of their own programs in addition to their leader meetings. The projects which were covered in these "purely local meetings" were in many cases recommended on a county-wide basis but no agent assistance was given unless specially requested. All arrangements were left to the president and her committees.

The agent directly assisted the Camp Verde area with a special project this year (1955). The agent arranged with Dr. J. N. Roney, Agricultural Extension Service Entomologist, and the Camp Verde area for a special interest lecture and demonstration on "fly and other household pest control." Dr. Roney gave an excellent demonstration. The women reported that the recommended practices which they put into effect really worked.

The agent feels that all clubs should have an opportunity to select their own projects a certain percentage of the time. Some of the reasons for this are:

1. It develops responsibility and a sense of achievement on the part of the club president.
2. Lets club members and communities realize that they can function without the agent's presence or assistance.
3. Gives an opportunity for clubs to indulge in purely local problems or projects.
4. Makes everyone feel that the club is their's not the agent's.

Some of the local problems and projects worked on this year by clubs were:

1. Mental Health.
 - a. Setting up clinic
 - b. Assistance to county leaders in procuring the services of a public health psychologist.
2. Special interest workshop in making of breads.
3. Fair booths and exhibits.
4. Creating of a Verde Valley museum in Camp Verde.
5. Christmas suggestions.
 - a. Making of cards
 - b. Making of toys
 - c. Other gift suggestions
6. Sponsorship of 4-H club work.
7. Christmas party.
8. Recreation.
 - a. Community
 - b. Bi-county

Agent's Program - 1955

The agent met with the clubs five months this year. The projects covered were:

1. Health.
 - a. Simple home nursing techniques. The County School nurse gave the lecture and demonstration but the agent attended the meetings and assisted her.
 - b. Mental Health.

Club health chairmen worked with other health chairmen of other civic clubs to promote and develop a mental health program throughout Yavapai County. However, the Verde Valley area was the most active.

 - 1) Developed roller skating rink for teenagers.
 - 2) Held two mental health clinics.
 - 3) Procured Public Health Psychologist for the county schools.
 - 4) Plans are in the process for a money raising, continuously operating, home makers bazar.

2. Home Management.

a. Upholstery

The agent conducted two and/or three day work shops on this project. Women completely stripped small occasional chairs and re-upholstered them. This project tied in with the wood finishing project.

3. Nutrition.

a. Cultivation of herbs

b. Use of herbs

c. Nutritive value of One Dish Meals with emphasis on vitamins A and C. Selected herbs were used in all one dish meals.

d. Assistance with food preservation.

e. Writing of cake bulletin for High Altitudes.

4. Clothing and Textiles.

a. Remodeling coats, suits and dresses.

1) Pattern selection

2) Mending techniques

3) Specialty clothing from old felt.

b. Assistance with sewing machine adjustments and repairs.

The agent feels that it is essential for her to meet with individual clubs as often as possible. The women feel slighted if a number of months go by and the agent does not attend their meeting.

At the present time the agent is actively working with and/or cooperating with four homemakers clubs, two L. D. S. groups, the Yavapai Cowbells, the Yavapai County Farm Bureau, the Yavapai County Fair committee and other civic groups in the county. By cooperating with all of these groups, composed primarily of rural people the agent is reaching a large majority of the ranch and farm people of the county.

County Fair

By cooperating closely with the Yavapai County Fair Commission the agent has been able to increase the educational features at the county fair. This year the Arizona Agricultural Extension Service was honored to have Mr. E. S. Turville, retired Yavapai County Agricultural agent named man of the year. Mr.

Turville was honored by:

1. The Fair Association
2. The Yavapai Cattle Growers
3. The Prescott Garden Clubs
4. The Agricultural Extension Service and the University of Arizona

Yavapai County is indeed fortunate to have had Mr. Turville as one of its early County Agricultural Agents.

The 4-H Department of the Yavapai County Fair is becoming one of the highlights of the entire fair. All 4-H livestock were housed in sheds this year. The 4-H Home Economics building was well decorated and exhibits were nicely arranged. A place on the entire fair program was made for all special 4-H events. The Dress Revue was especially good this year. It is anticipated that all 4-H educational events will improve yearly at the County Fair. The agent spends a great deal of time working and planning with the Yavapai County 4-H leaders for the above mentioned improvements.

Community Service

The various clubs in the county (Homemaker clubs, L. D. S., Farm Bureau, Cowbells, Kiwanis, Lions, Cattle Growers, and other civic groups) have all responded to the youth needs of the county. Whenever there is an opportunity they have actively sponsored the 4-H club program in the county and in their own communities. Their sponsorship has taken the form of:

1. Giving medals and other awards to outstanding 4-H'ers.
2. Supplying and finding leaders.
3. Assisting the club leader by letting her know that the entire group is back of her.
4. Supplying funds for community, county and state events.

HOUSE FURNISHINGS AND SURROUNDINGS:

Home Management

The aims of the home furnishings and home management projects for 1955 were:

1. To improve the general interior and exterior appearance of the home.
2. To increase the pride and pleasure of the entire family in the home.
3. To increase our efficiency for more happiness in the home.

In order to work towards these goals we taught:

1. Wood finishing and re-finishing.
2. Furniture upholstery.

In past years we have studied:

1. Floor coverings.
2. Storage for kitchen and dining areas.
3. Color and its application in the home.
4. Problem windows.
5. Drapery making and a host of other specific topics all tending to increase the price and pleasure derived from the home.

One of the most talked about problems in Yavapai County as in all other counties in the United States, is "The Teenage Problem." Although the agent realizes that it is not necessarily true that a nice, happy home contributes to lack of teenage delinquency the agent believes that good home surroundings are worthwhile for both the teenager and the adult. Then too the home management projects worked on this year lend themselves well to family projects. If one member of the family becomes interested in refinishing an old table the chances are that the entire family will become involved before the job is complete. The agent knows personally of a number of instances where this very thing has happened. Busy, happy at home, children do not usually become involved in undersirable activities.

Wood Finishes

Two leader training meetings were held - one in Prescott and one in the Verde. The aims of this project were to teach homemakers to:

1. Refinish old rare pieces of furniture.
2. To finish and re-finish woods of all kinds.

An outline of the leader training meetings was:

1. Finish removal
2. Sanding techniques
3. Application of stain
4. Application of sealer
5. Application of finish
6. Care of furniture

Finishes taught were:

Oil and wax finishes
Varnish and shellac finishes
Modern finishes
Paint and enamel finishes were discussed

The leaders were very enthusiastic about this project. Almost every woman has some piece of furniture in her home that needs refinishing. Then too homemakers in many cases want to put a modern finish on some piece of furniture to make it agree in appearance with the modern pieces of furniture which are in the same room.

It is difficult for the agent to estimate the importance of the information given. However probably the most used information will be the care of furniture. How to maintain a good finish once it is obtained. The new product "Blim" has really proven very successful in several instances that the agent knows of since the leader training meetings. One lady had a deep white mar on the top of her piano caused by a paper plate of hot beans being set on it. By diligent rubbing and many applications of "Blim" the scar was erased. The cost of an expensive refinish job was saved. The agent feels that if homemakers can be assisted in the proper care of what they have that strides have been taken towards increased happiness in the home. Furniture re-finishing in itself lends itself to a family project.

All but the youngest members of the family may work on various phases of re-finishing wood. This gives a feeling of pride of the entire family in the home.

Four method demonstrations on wood finishing were given by leaders and a number of work shops were conducted by these same women. Women were continuously amazed at the beauty of some of the woods on old dressers and chairs. The agent remembers one L. D. S. member's rocking chair. The rocking chair had been in her garage for many years and had originally belonged to her great grandfather. After removing a number of coats of paint (every color imaginable) she found that the wood of the chair itself was black walnut. Needless to say she was delighted.

Upholstery

Four two-day upholstery work shops were held in the county this year. The aims of these work shops were:

1. To teach interior furniture repair.
2. To teach spring tying and encasing.
3. To teach furniture padding.
4. To teach final furniture re-covering.
5. To have leaders give demonstrations at Homemakers meetings on upholstery.
6. To have each leader participating actually re-upholster a chair in the time slated.

All leaders actually participating in the work-shops were very enthusiastic. Some really lovely chairs were turned out. One of the most unusual was an old black walnut platform rocker with semi-padded seat and back. When we considered the amount of re-gluing and re-finishing of wood that this homemaker had to do prior to the upholstery workshop we cannot help but feel that both the wood finishing and upholstery work were worthwhile. A chair ready for the "dump" is now worth several hundreds of dollars, but, of course, is not for sale. Other chairs of less or no antique value were beautifully re-finished and re-upholstered.

The Cottonwood and Chino Homemakers had a number of special leader workshops on furniture re-upholstery.

They worked together and re-did couches and large pieces of upholstered furniture.

Good materials (fabrics) were used in practically all cases. The women seemed to realize that the work involved did not justify inferior final coverings. Only one woman insisted on using plastic but since it was a good grade of cloth backed plastic her problems were not insurmountable. Her situation is such that fabric covered furniture is apparently most unsuitable and unsatisfactory.

Four-H leaders as well as adult leaders participated in the home management project both leader training and club programs. The L. D. S. here in Prescott participated especially well in this project. Furniture refinishing seemed to fit into their program as well as their needs and wants.

Home Management - Miscellaneous

Many other Home Management problems require a part of the agent's time. Some of these are:

1. Home storage areas
2. Home water supplies
3. Drapery making
4. Use of soaps and synthetic detergents
5. Buymanship of large and small household equipment, etc.

These requests are taken care of through personal contact, bulletins, newspaper stories and telephone conversations. As is true with all other Home Demonstration Agents it is difficult for this agent to give a clear picture of the numerous requests for specific information in the Home Management and Home Furnishings field. Suffice it to say that as much or more time is spent in this manner as is spent on the planned program.

The agent attended a consumers workshop on large kitchen equipment held in Phoenix in April. Pointers on the construction, expected service, use and care of a home-freezer, refrigerator, electric stove, dish washer, washer and dryer were given. Mrs. Lora Gem of the General Electric head office really gave a fine demonstration. Many of the points which she brought out will be most useful to the

agent in her work. Some of the highlights were:

1. Automatic dishwashers use five gallons water per cycle.
2. Septic tank capacity planning - Add one person per dishwasher, and one per automatic washer.
3. Principles to look for in soaps and/or detergents for automatic washers and dishwashers.
4. Decreased incident of disease when an automatic dishwasher is used in the home.
5. Look for weighed water rather than timid water flow in automatic washers and dishwashers. This makes quantity of water uniform no matter what the rate of flow or pressure.
6. Electric units on stoves are no longer constructed to cook on retained heat.
7. The new electric broilers make possible putting the food to be broiled closer to the source of heat.
8. Pros and cons of the upright versus the chest type freezer.

This entire workshop was most interesting and instructive in the opinion of the agent.

Household Pests

Camp Verde was overrun with ants, cockroaches and all types of household pests last spring. The agent arranged with Mr. and Mrs. Malcolm Stenhouse for the use of their home for a demonstration on eradication and/or control of these pests. Dr. J. N. Roney, Agricultural Extension Service Entomologist, gave a demonstration and talk on this subject. The Stenhouses reported later (two weeks) that by faithful adherence to Dr. Roney's recommended control practices they have practically no trouble with cockroaches. Seventeen homemakers from the immediate vicinity of Camp Verde attended the demonstration. Dr. Roney pointed out that:

1. Cockroaches may be carried into the home through grocery boxes. Therefore continuous measures are necessary.

2. Ants must be pre-baited to see what they are feeding on before attempting to poison them.
3. That flies are one of the most deadly carriers of disease known. Therefore they must be controlled.
4. That the old type moth ball which smells bad is not the best insecticide to use for their control. Moth balls do not kill the moth only drives him out because of the smell.

The agent feels that this demonstration on control of "Household Pests" has had a far reaching effect on all homes in the district.

CLOTHING AND TEXTILES:

The aims of the Clothing and Textiles program for 1955 were:

1. To increase the women's ability to keep herself and her family "well" and "stylishly" dressed at minimum cost.
2. To increase the women's ability to alter patterns.
3. To teach actual use of altered patterns.
4. To decrease clothing costs by teaching the re-use of old, outdated garments.
5. To teach good construction, alteration, and finishing techniques.

In the past few years we have covered a number of clothing construction and buymanship projects, some of which are:

1. Making of tailored suits and coats.
2. Making of "Better Dresses."
3. Buymanship of man made fabrics, (characteristics and care).
4. Mending.
5. Sewing machine clinics and many other specialized projects.

However, our "students" not only have many interests and obligations but they are more or less continuously shifting. This continuous shift in "student body" makes it desirable to offer more or less the same techniques under different guises. Naturally a certain percentage of the women recognize these arts as ones which we have taught before but in the majority of cases they do not object. An example of a method which has been taught every year since the agent has been in the county is "an easy way to put in a zipper." How to set in a zipper was taught in making:

1. A house dress
2. A suit skirt
3. A better dress

4. A dress made from an altered pattern.

There are always a few women who do not know this and many other helpful techniques. The clothing specialist always endeavors to have one or more entirely new sewing arts for each project. This year's (1955) most startling (to the women) technique was "how to blind stitch a dress hem with the sewing machine without the use of a special attachment." The women were intrigued by this process especially those with small and teenage girls.

Pattern Alteration

Six Leader Training meetings were held this year in clothing. Both adult and 4-H leaders were encouraged to attend. These meetings were conducted by the agent and the Agricultural Extension Service Clothing Specialist. These leader training meetings were aimed at:

1. Having each woman alter a standard pattern of proper size to her particular measurements.
2. Having each woman make a dress by the altered pattern.
3. Teaching good construction, fitting and finishing techniques.

The procedure was:

1. Each woman brought to the meeting one of two designated patterns in her size.
2. Each woman brought to the meeting her measurement card filled in as accurately as possible.
3. The Clothing Specialist and the agent checked measurements.
4. The Clothing Specialist showed how to measure and compare the individual's measurements with the pattern measurements.
5. Individual measurement deviations from the pattern were noted.
6. The Clothing Specialist then demonstrated the correct procedure for making pattern alterations. The women made such alterations as were necessary in their own individual patterns.

7. The women were asked to come to the second meeting with their patterns completely altered and pinned together with tape on the seams, bust, waist and hips. (The altered, pinned and taped paper pattern eliminates the necessity for making a garment in the muslin.
8. Taped paper patterns were fitted to each individual. The specialist explained to the women that such a manner of fitting a pattern could be used without the use of measurements and the measurement card. Pattern fitting is especially adaptable to 4-H club girls.
9. Patterns were then carefully unpinned, pressed, and permanently corrected.
10. Each woman cut and made a dress from her altered pattern.
11. Dresses were fitted. Any alterations still to be made were made in both the garment and the paper pattern.
12. Finishing techniques were taught. Some of these were:
 - a. Blind hemming by machine without an attachment.
 - b. How to put in a zipper.
 - c. How to hand work buttonholes.
 - d. How to set in a sleeve.
 - e. How to cover a belt and buckle.

The leaders that participated in these Leader Training Meetings (23) were most appreciative of the information received. Each leader conducted some phase of the meeting at her regular club meeting in June and the Verde clubs had special interest all day meetings, aside from their regular club meetings.

Some of the most common figure-pattern differences found were:

1. Small chest
2. Short shoulder (failure in many cases of women to use shoulder pads)
3. Large arm (sleeves uncomfortable)
4. Large waist

5. Short or long waist length

6. Large hips

Of course in any clothing construction meeting there are always a few women that cannot sew and have poor sewing machines. These always seem to be the women that have the most difficult figures to fit. One woman in particular comes to the agent's mind in this connection. She is probably about 5 ft. 4 in. tall, weighs 185-195 pounds, wears little or no foundation garment and to top it all off this was the first dress that she'd ever made for herself. Such situations call for a great deal of tact and diplomacy. We finally got her to buy a bra and wear a "sort of" foundation garment. This lady is probably one of the greatest boosters that Extension has, at least in her community. She has been in the county office a number of times since she finished her dress to express her appreciation to the agent and the Clothing Specialist for their personal efforts in her behalf.

Remodeling coats, suits, dresses, etc.

This Fall (1955) the agent conducted Method Demonstrations at club meetings on remodeling. Material for these meetings was planned and prepared by the Clothing Specialist and the agent. (Copy attached).

The objects of this project were:

1. To decrease clothing costs by using old, outdated garments.
2. To teach principles of alteration and finishing techniques.

Suggestions for making something new from something old were demonstrated. This was followed by a discussion type work shop where women brought up their own individual problems and the group as a whole recommended the necessary remodeling solutions. Some of the problems presented by the agent were:

1. Changing neckline and underarm of women's dresses either not liked or too worn for further use.
2. Making children's sweaters from worn adult sweaters.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

SO YOU WANT TO REMODEL!!!!

Lucinda E. Hughes
HOME DEMONSTRATION AGENT

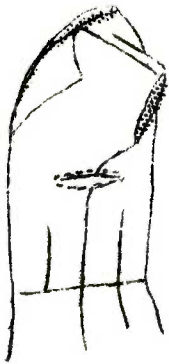
As you look at the garments in your closet, note the one that you keep hanging back. What's wrong with it? Why do you prefer something else? If the garment can be used, utilize it or pass it on to someone who can and will use it. Perhaps the chart below will help you decide what to do with the garment.

<u>If it is a</u>	<u>Make</u>
Woman's skirt	Child's jumper or jacket
Flannel Bathrobe	Child's short coat, skirt or jumper
Woman's "Better" dress	Blouse for self or combine with other fabric for one or two piece dress for self, jumper, weskit, skirt
Old felt hats	Bedroom slippers, belts, purses
Coats	Shorties for self or others, weskits
Men's Suits	Children's suits, jumper dresses, separate jackets, skirts
Men's Shirts	Child's sun suit or dress, boy's shirt, child's feeding apron, adult apron
Sweater	Child's sweater or bolero, knit bed socks, mittens

TRICKS THAT MAY HELP YOU

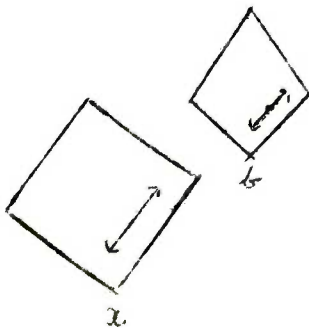
- If the neckline is worn
- remake to a low or stand-away neckline
 - cut away neckline, make new low one, button it onto a dickie
 - a scarf will fill in a low cut neckline
- If the dress skirt is too tight to look well
- make an overskirt of contrasting color or texture
 - make a separate peplum of needed length
- If the skirt is too short
- piece down in strips and cover piecing seams with bands of ribbon or contrasting fabric
- If the upper sleeves are worn or out of style
- take out sleeves and make a jumper, bolero, weskit or concealing cape
- If the unmounted sleeve is torn under the arm
- Set in a gusset

Directions for gusset



If the tear occurs under the arm on the bodice a gusset should be inserted. If the front tear is no longer than $3\frac{1}{2}$ inches a slash of equal length should be made in the back. If the front is more than $3\frac{1}{2}$ inches and the back less do not cut the back slash over $3\frac{1}{2}$ inches.

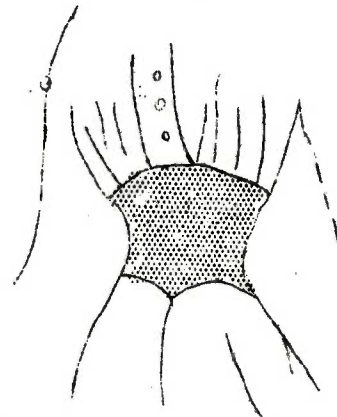
Machine stitch around slashes. (One-half inch seam allowance at under arm seam to point of slash then back to seam).



Cut a square of material on the grain line 1 inch larger than the slash - (a) or as in figure (b) make two meeting sides of the inset longer than the other two being sure that each side is $1\frac{1}{2}$ inch longer than the corresponding slash.

Using $1\frac{1}{2}$ inch seam allowance at the under arm seam set in gusset both front and back. Top stitch for added strength if desired.

WAISTLINES CAN BE EMPIRE. The waistline can possibly be made into a waist with empire lines using contrasting fabric at the midriff. Often an old dress has a shabby belt that can be rejuvenated by adding to it or changing the belt. Scraps of felt will make very pretty belt that could be used on wool. Grosgrain ribbon will also make a fresh looking belt.



There are two types of remodeling: (1) changing or remaking the garment completely and (2) changing only parts of the garment. The first one has limited possibilities in that the amount of fabric in the garment limits your choice of design. Often combination of two old garments will make one garment. In purchasing new fabric, be careful in the selection. Take a piece of the old fabric with you to make your purchase. Note whether or not the new fabric makes the old one appear faded and shabby.

Often slight changes may make the garment wearable and up to date, such as:

1. Changing hem line - also skirt flare
2. Sleeve length and width
3. Necklines often shabby from wear
4. Waistline, belt
5. Refitting waist, hip, sleeves, shoulders, removing or replacing shoulder pads
6. Removing of trimming - buttons and other trim that may date the garment
7. Handmade accessory to replace cheap accessories
8. Don't make over clothes because you have them. Maybe you will need them later

If you are remaking -

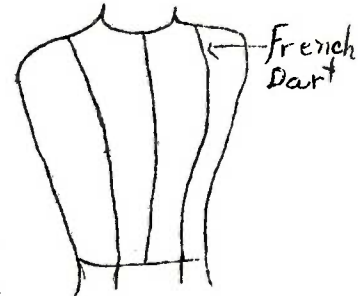
1. Rip apart the garment. Clean. Many fabrics, even wool, can be carefully laundered in soap and water and will appear clean and fresher than dry cleaning. Test samples first.
2. If material has faded, it may require dying
3. Purchase your pattern keeping in mind the number of pieces in the original design
4. Patterns using many pieces will cut to better advantage when you are remaking

Piecing should be planned. Suggestions for piecing are:

1. Underarm - under collar - inside pleats - under pockets

2. Make piecings become a part of your design, such as can be done in yokes and pocket lines

3. Follow the French Dart Line in designing and you will have a line which usually divides the silhouette into good proportions. (see figure, right) This line starts at center of shoulder, runs to tip of bust, then perpendicular to floor. This line makes the division of skirt into gores correct width; it shows place for darts in skirt or in waist. In the back, this line runs to tip of shoulder blade to floor. Likewise, it makes dimension of skirt panels correct as well as skirt and blouse darts.

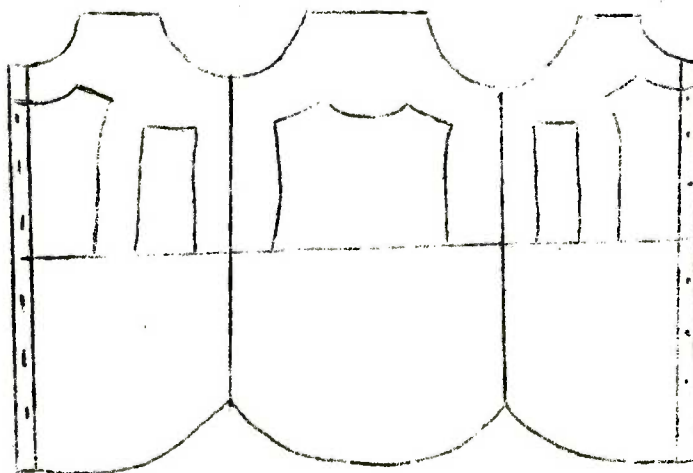


4. Match the grain of the fabric or the weave when piecing

MAKING OVER SHIRTS

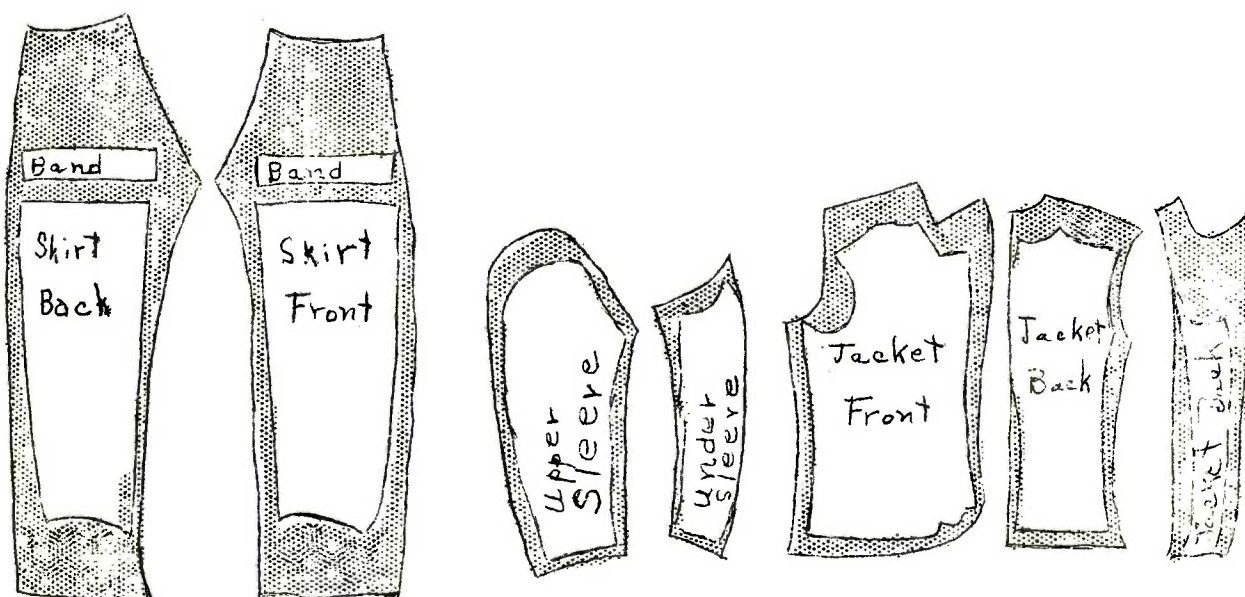
Many men's dress shirts can be used after collars and cuffs are too worn and frayed for further use to the man. The weakest portion of the shirt will be across the shoulder at the top. Therefore, as you lay a child's shirt pattern or dress pattern, be sure that you lay it so the upper portion of the pattern falls upon the tail of the shirt.

Clever feeding aprons for children can be made. Also, sun suits for either boys or girls. Note illustrations below for placing of pattern.



You may possess men's suits that are not badly worn and can be used in adult or children's clothing. Usually fabric in men's clothing is harsh and adaptable to severe tailoring. Anything you can do to soften the design through construction lines will usually make the fabric more wearable. If you're an inexperienced seamstress, you may have better results if you choose a cardigan type pattern. Rip the entire suit apart - then take a good look at size and shape of pieces. The following will help you to select a good pattern:

1. Not all jackets can be cut into women's jackets. The man's coat should be large for you.
2. Pattern should have at least a 2-piece back, 2-piece sleeve, and a plain notched collar or collarless.
3. It should have shoulder and waistline darts in jacket
4. Skirt should be 4-gore; 6-gore if you have 2 pairs of trousers.
5. Patch or set-in pockets. Sometimes design lines can take care of pocket slits.
6. Buttonholes can be covered by buttons on opposite side. (See layouts in special booklet)



3. Remaking men's shirts into child's garment.
4. Remaking man's suit into woman's skirt or child's garment.
5. Remaking long coat into short or three-quarter length coat.
6. Repairing under arm seam of unmounted sleeve. (gusset).
7. Re-using old felt hats.
8. General re-using of old materials to make things such as bed-socks, mittens, decorations, belts, etc.

One of the most interesting problems presented by the women was a beautiful suit which was no longer in style. The skirt was too short and the jacket had a long tailed pleated peplin. By ripping the skirt entirely to pieces and ripping the peplin off the jacket this homemaker was able to salvage enough material to put a yolk on the skirt and a fitted peplin on the bottom of the jacket. Everyone was anxious to see this outfit after the homemaker completed her alterations.

Homemakers were enthusiastic about the making of bedroom slippers from old felt hats. Some of the tricks of applique were eye openers to the ladies. The many uses for "Gutta-Percha" astonished them.

In the opinion of this agent homemakers of every age will make some use of this demonstration. The mothers with small children and the grandmothers were most interested in the children's make-over suggestions but women of all ages seemed to each have a special dress, suit, or coat that they wanted to "slightly" re-style for themselves. The Clothing Specialist will be interested to know that one of the women of the Verde district plans to re-make the long coat that she made in the tailoring class. This particular homemaker told the agent that she'd never had a coat which she liked so much but that the nap was worn off along the front and cuffs. She plans to rip the entire coat to pieces and turn it. This speaks well for extension service teaching of:

1. Pattern selection.
2. Garment construction and fitting.

It also indicates to the agent that women through extension teaching are developing a sense of security when it comes to their clothing construction problems.

A more or less indirect effect of our county-wide work in clothing is that women cannot help but become improved purchasing agents. A homemaker who has learned how to fit her garment or that a garment can be made to fit her is much more apt to shop wisely. Some women with small chests and shoulders and big hips just automatically assume that nothing "ever fits" and so they buy "it" anyway. Through knowing principles of construction and fitting these women are able to realize what can be made to fit them and what cannot. They know whether the dress, suit, or coat is a good buy and do not buy it if its not.

Women also learn about fabric whether for ready made garments or home constructed ones. They learn the characteristics, advantages and disadvantages of both natural and man made fibers. Fabric has the same characteristics whether the garment is home or commercially constructed. Any woman to be a wise purchasing agent needs to know these facts. The agent and clothing specialist feel that in our clothing project in Yavapai County throughout the past few years have given this information to the homemakers. Naturally this question of fibers is one which has to be kept up to date. Next year (1956) we will again conduct specific method demonstrations on "Characteristics and Care of Man Made Fiber."

Sewing Machines

One of the big problems the last few years has been the variety of sewing machines on the market. The homemaker is continuously confused regarding the purchase of a sewing machine. Homemakers seem to buy machines for one of many specialty features such as:

1. Patching arm (levis).
2. Automatic zigzag.
3. Has a pretty cabinet, etc.
4. The price meets her pocket book.

Our problem as representatives of the Agricultural Extension Service is not to tell them what machine to buy but to guide them to a wise selection. Some of the questions this agent tries to bring out are:

1. Can you get repairs for it?
2. Is it repairable? Many aren't.

3. Is the automatic zigzag worth the extra money. Sometimes as much as \$150.00.
4. Is the cheap machine really a good buy. Consider repairs.

The agent frequently encounters a more or less non-repairable new sewing machine when she makes home visits. This year we had no sewing machine clinics in the county but the agent assisted fifteen homemakers with sewing machine repair.

A story of an outgrowth of our sewing machine clinics in past years greatly amused the agent. One homemaker who participated in a sewing machine clinic last year was visiting her brother up in Reno last summer. There was some garment that she wanted to alter for her sister-in-law. She asked where the sewing machine was. Her sister-in-law informed her that the only one that they had was a non-operation Wheeler and Wilson that was about one hundred years old. The brother had gotten it from one of the antique shops as junk. Our Yavapai County homemaker proceeded to work the sewing machine over and before she left Reno had actually constructed a number of garments using the old sewing machine.

Clothing and Textiles - Miscellaneous

The Specialist will be glad to know that several of the women who participated in our tailoring and "better-dress" making classes are now supplementing their family income by sewing for others. The agent continuously receives requests from them for additional information.

Information on various clothing problems frequently come to the agent. These problems are answered by direct personal contact, letters and telephone calls.

NUTRITION:

The nutritional status of ranchers and farmers in Yavapai County is high. We have very few cases of disease directly traceable to poor nutrition. The nutrition work in Yavapai County has been operating for a number of years on a long range basis. Each year we have endeavored to do some nutrition review of previous year's work as well as to add some new nutrition information. To date the nutrition program has covered the:

1. Caloric value of food.
2. General nutrition value of food.
3. Protein value of food.
 Complete
 Incomplete
4. Vitamin A and C value of food.
5. Vitamin B complex value of food.

The majority of the Yavapai County homemakers realize that nutrition is very complex; that by following the Basic 7 food chart in their daily meals they and their families can be well nourished. Except for a few isolated cases the women calculate actual food intake at only infrequent intervals but they do check their menus with the Basic 7 food chart. About 50% of the Yavapai County homemakers keep the Basic 7 food chart in a convenient spot in their kitchens. In that way it is easily referred to. (The recommended practice is to tape this chart to the inside cupboard door).

The agent has endeavored to install in the minds of the homemakers the importance of proper meal preparation. Great emphasis has been put on the fact that improperly prepared food may not be nutritious food. To have homemakers serve a balanced diet of good fresh foods properly prepared is one of the aims of this agent. The second aim of the agent is to have everyone in the family eat their requirement of these foods.

Homemakers throughout the county are more or less continuously aware of nutrition in regard to over and under weight problems. A number of the women who lost weight during our weight control studies of 1950 are still maintaining that decreased weight which they aimed for and achieved. Homemakers realize that they feel better, look better, and have a better outlook on life if their weight is approximately normal.

Food Selection and Preparation

The aims of the 1955 county-wide nutrition program were to:

1. Improve nutrition by improving the appearance and flavor of food.
2. Encourage eating for health, beauty and enjoyment.
3. Increase the homemaker's knowledge of nutrition.
4. Increase planning and thus strive towards economy in family food budgets.

Herbs

This year (1955) the women wanted to do something "sort of" different for nutrition. They suggested that they would like to not only learn to use herbs but that they'd like to learn to grow them also. Consequently the agent talked with the Agricultural Extension Horticulturist and arranged with him to conduct Leader Training meetings on growing herbs.

The objects of this project on growth of herbs were:

1. To encourage the relaxing hobby of growing an herb garden.
2. To give the entire family a useful, interesting hobby.
3. To improve nutrition by improving the appearance and flavor of food.

Mr. Tate taught the leaders how to:

1. Prepare seed beds
2. Plant seeds
3. Transplant plants
4. Cultivate herbs
5. Harvest herbs

6. Place their herb gardens.

Mr. Tate showed samples of potted herbs such as:

Sweet Basil
Rosemary
Parsley (two varieties)
Mint (Spearmint)
Chives
Sage
Dill

Practically all other herbs and roots used for seasoning were discussed. Mr. Tate suggested that horseradish should grow well in Northern Arizona. He suggested that the women try some rootings of horseradish since it is such a universally used spice. Apparently a number of years ago people decided that horseradish did not grow satisfactorily in Yavapai County, consequently none is available here. It is hoped by the agent that as the years go by a great deal of herb culture will result in the county because of these studies. Herb culture could also lend itself to family unity. Undoubtedly with the ever increasing cost of living the American public will be forced to use less "pure" meat and more combination "meat stretcher" type foods. Herbs lend themselves well to such a situation.

Use of Herbs, One Dish Meals and Vitamins

The objects of this project were to:

1. Improve nutrition
2. Improve the knowledge of nutrition
3. Encourage ease of meal preparation
4. To learn the use and taste of various herbs.

The procedure for these meetings were:

1. Each woman filled out a chart of the foods that she had eaten during the last twenty-four hours.
2. The vitamin A and C values of all foods eaten was calculated and recorded.
3. Homemakers noted:
 - a. Their total intake in twenty-four hours of each vitamin.
 - b. Where necessary, each homemaker analyzed how she could have and should have improved her diet.

- c. All homemakers present agreed that they need an annual re-evaluation and summary of their diets from a nutritional point of view. In general we all tend to become more or less thoughtless in planning our menus. Menu planning is a three times a day, day in day out job. Sometimes meals tend to become unbalanced unless continuous planning and conscientious thought accompany the planning and preparation.
- 4. The agent demonstrated:
 - a. Variety of fresh and dried herbs.
 - b. Use of herbs in
 - Vegetables
 - Meats
 - Drinks
 - Salads
 - Butters
 - Vihegars
 - Eggs
 - c. Care and storage of herbs

Many of the Yavapai County homemakers grew some of their own herbs this spring and summer. Throughout most of the county, except for very high elevations, it is felt that herbs will grow and produce good crops for home use. Seventy-five homemakers have added two or more herbs to their home vegetable gardens. These women are drying some of their home grown herbs for winter use.

Most homemakers are enthusiastic about the use of herbs. The agent feels that with the increased cost of food stuffs that many low cost cuts of meats and meat substitutes can be advantageously used through the judicious use of the proper herbs. The "Basic Herb Guide" provided each homemaker by the agent had an enthusiastic reception. Copies of the bulletin written and distributed are attached. Copies of the herb chart are not attached because of their size.

Specialty Breads

The objects of the Leader Training meetings on specialty breads were to:

- 1. Make cooking fun.
- 2. Increase interest in meals
- 3. Teach different methods of yeast dough and batter bread making.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
P.O. Box 800

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Coconino County Cooperating

Flagstaff

Agricultural Extension Service
Home Demonstration Work
County Agent Work

HERBS

by

Lucinda E. Hughes, Home Demonstration Agent
Elsie H. Morris, Extension Nutritionist

"ENOUGH IS ENOUGH"

DEFINITION: Herbs are aromatic plants the leafy and soft parts of which possess pleasing odors and tastes.

Herbs give foods different, unusual and enhanced natural flavor. The use of herbs is not new; it dates back to ancient times. Up to a few generations ago herbs were used as freely in American as in European homes. They were a part of every home vegetable garden and their use was a part of every homemaker's knowledge. But, somehow-some place along the way herbs were forgotten. Home gardeners quit planting and cultivating herbs and the Homemaker lost her knowledge of their use.

Our aim is to re-introduce the homemaker to herbs-their cultivation and use.

CARE AND STORAGE

Growth:

Herbs are easily grown in a special spot or in the family vegetable garden. Herbs should develop slowly so do not over fertilize or over water them.

Harvesting:

Harvest just as the plants are coming into bloom. Dry in a well ventilated, cool, dark place. If leaves are dusty, or gritty, wash them in cold water & thoroughly drain before drying. Fresh leaves may be used at anytime.

Storing:

Fresh picked or dried herbs may be packaged and stored in the freezer. Small amounts of herbs and spices for daily use keep best stored in a cold place. The icebox is a mighty good place for this storage.

COOKING WITH HERBS

Herb butter

One of the easiest ways to use herbs is to make herb butter. Fresh or dried herbs may be added to butter, margarine, fresh pork drippings and rendered chicken fat. Cut herbs finely and blend with the fat of your choice. Use 1 well-packed tablespoon fresh green herbs or $\frac{1}{2}$ teaspoon of dried herbs per 4 tablespoons fat. A little lemon juice added to the dried herbs prior to their addition to the fat improves the flavor.

Herb butter, continued

Herb butters may be added to eggs, white sauces, gravies, vegetables, spreads for bread or meats.

Herb Vinegars and Salad Dressings

Herb vinegars are popular, easy to use and to make. Harvest your herbs, clean and rinse; pack loosely in fruit jars. Cover with hot, (not boiling) cider or wine vinegar. Let stand one month. Strain.

Most commonly used are:

Tarragon	Marjoram	Dill
Rosemary	Oregano	Garlic
Basil	Thyme	Chives

or a combination of 2 or more herbs.

Herb vinegars may be used in making french dressings, cooked salad dressings, mayonnaise and vinegar sauces.

Vegetables

Its possible for you to add new interest to many vegetables by using some of your home garden herbs.

Tomatoes- Try sprinkling a little sweet Basil in those canned tomatoes.

Sprinkle it in fresh tomato salad or tomato aspic. Rosemary, thyme, and oregano mixed together may be added to cooked tomato dishes.

Green Beans- For green beans try adding thyme, summer savory and finally chopped onion while cooking. Then add minced parsley just before serving.

Cucumbers- Grated horseradish in a sour cream dressing is delicious added to sliced fresh cucumbers.

Dried Beans & Peas.- Add oregano to beans & thyme to pea soup.

Fresh Herbs in Salads and Dressing.

Most fresh herbs (chives, parsley, tarragon, thyme, marjoram) add zest to fresh vegetable salad, mint, and lemon balm add flavor to fruit and fruit gelatine salads.

Meat

Herbs are especially desirable in the cooking of stews, soup, stocks, pot roasts, and dressings. The long slow cooking process required by these meats allows the flavors to really blend.

3 lbs chuck beef	1 clove garlic
4 Tablespoons (melted) beef suet	$\frac{1}{4}$ teaspoon oregano-dry
2 onions minced	$\frac{1}{4}$ teaspoon rosemary-dry
1 Cup vinegar	1 can tomato paste
1 tea-spoon salt	
Pepper to taste	

Brown beef at low temperature in rendered beef suet. Remove meat and saute onion and garlic until yellow or transparent. Pour off excess fat. Add tomato paste, vinegar and seasoning. Bring to a boil. Add browned meat, Simmer on low heat 2-2 $\frac{1}{2}$ hrs. or bake in covered casserole at 350° F. for 2-2 $\frac{1}{2}$ hrs. Add carrots, onions and potatoes over the top and steam until done, about 40 minutes.

COOKING WITH HERBS (Continued)

Stuffing or bread dressing.

Some of us are in the habit of always using prepared poultry seasonings. Your herb garden offers you an opportunity to add many new flavors to these stuffings. Fresh herbs give full flavor to dressings, meats, poultry and fish.

One of the newest things on the market is "stuffing Bread" Why not make your own. Use your favorite bread recipe, add the herbs that you like or try this:

$\frac{1}{4}$ teaspoon basil	$\frac{1}{4}$ teaspoon oregano
$\frac{1}{4}$ teaspoon thyme	$\frac{1}{2}$ teaspoon nutmeg
per each loaf of bread	

Eggs

Fresh or dried herbs may be added sparingly to practically all egg dishes. Oregano, basil and parsley are probably the most commonly used.

Creamed Egg Casserole

4 Tablespoons butter or substitute	$\frac{1}{4}$ teaspoon herbs (Marjoram, savory, thyme, basil, or a combination)
4 Tablespoons flour	
2 Cups mil	6 Hard-cooked eggs, quartered
1 teaspoon salt	1 Tablespoon chopped chives or parsley
1/16 teaspoon pepper	1 Tablespoon chopped pimento
	$\frac{1}{2}$ Cup bread crumbs

Directions:

1. Melt butter
2. Add flour and blend
3. Add milk gradually and cook until thickened, stirring constantly.
4. Add seasonings.
5. Place eggs in a greased baking dish.
6. Pour sauce over them
7. Sprinkle with chives or parsley, pimento and crumbs
8. Bake in moderate oven, 350° F., for 20 min. or until brown.

Yield: 4-6 servings.

Ideas for the use of mint.

1. Add crushed to the dry tea leaves before adding boiling water.
2. Garnish tea, fruit or chocolate drinks with sprigs of fresh mint
3. Add crushed mint leaves & green color to apple juice for drinking or jelly making.
4. Add crushed mint leaves to boiling water to make mint sauce.

"ENOUGH IS ENOUGH"

4. To teach fancy roll and bread making.

Procedure for the leader training meetings - The agent assured all nutrition leaders that they were to spend a day in fun. That we would not spend much time on the nutritional value of fancy breads. In the opinion of the agent bread making should be "fun" not a "job" that has to be done. Consequently we did not analyze the nutritional value of the breads made except in a more or less general manner.

Three kinds of dough or batter were prepared for the women. These were:

1. Standard roll dough
2. Standard ice box no knead roll dough
3. Batter method "dough"

Products made from these doughs and one batter were:

1. Herb bread (loaf)
2. Cinnamon roll bread (loaf)
3. Brown and serve rolls
 - a. Clover leaf
 - b. Fan tansThese were baked (250°F.) until dry but not brown.
4. Brown and serve rolls dressed up.
 - a. Fan tans were stuffed with cheese and chives and browned.
 - b. Clover leaves were made into caramel nut rolls.
5. Fancy rolls (ice box - no knead)
 - a. Crescents
 - b. Bow-knots
6. Pizza
7. Breakfast upside down loaf (batter method)

Homemakers are universally interested in bread and fancy or specialty bread making. Nothing smells better or brings forth more family approval than fresh baked home-made bread and rolls. Husbands and children are no exception to this feeling.

Two clubs were so enthused about the bread making meeting that they had all day special interest actual bread making field days. Each woman made bread and shaped fancy rolls. Reports indicate that rural homemakers are really making yeast breads and rolls.

Bread Making Bulletin

The agent worked with the nutrition specialist this year (1955) to get a suitable yeast bread and rolls bulletin ready for the printers. This bulletin is in the proof stage.

In the past two years the agent has distributed upon request and at meetings about five hundred yeast bread and roll bulletins in mimeograph form.

High Altitude Cake Making

This year (1955) the agent completed work on a high altitude cake making bulletin. Credit for this bulletin goes to many sources all of which are duly acknowledged in the bulletin.

The need for this bulletin was critical. All of the higher elevations in Arizona have the same cake making problems as we have in Yavapai County. This bulletin does not include all of the cakes that the agent would like to have included but testing time was very limited and the agent did not think it advisable to include untested recipes. A copy of the bulletin is included.

Credit goes to the Information Specialist, Mr. Joe McClelland for his excellent job of setting this bulletin up and having it printed. The cover is most appropriate in both color and design.

Food Preservation and Storage

A large percentage of the women, especially in the Verde Valley preserve almost all of their family food supply either by:

1. Freezing
2. Canning
3. Preserving

Canning

Since the advent of the home freezer the amount of canning in Yavapai County has decreased. Very few people can meat and chicken. An ever increasing number of homemakers are selecting specific foods which they no longer can. About 100% freeze their strawberries while only about 50% freeze peaches.

Pressure canners were tested this year as the occasion demanded. Homemakers bring their pressure cooker lids to the office for this free service. No county-wide clinics were held. Newspaper publicity brings those whose canners need testing to the office.

This year, 1955, again was a poor year for fruits and vegetables in Yavapai County. A late freeze this past spring killed about 50% or more of the fruit and an early frost killed the corn. Consequently any fruit available was really too expensive for canning. Due to the cold spring and early fall, gardens were poor. Some of the garden produce was just becoming ready for use when the first freeze came. For these reasons, (1) late spring, (2) early fall frosts, there has been a shortage of low cost fruits and vegetables for preservation.

Freezing

Many requests for freezing material come to the agent. Assistance was given through bulletins and through personal contact. Women in each community that have had valuable freezing experience are an invaluable source of knowledge to the local homemaker with freezing problems.

One homemakers' club held a special meeting on freezing under the direction of Mrs. Laurene Walton, Home Service Advisor, for the Arizona Public Service Company. The women reported to the agent that they really enjoyed the meeting and that they learned a lot. Mrs. Walton is always most careful to check with the agent and be sure that her information agrees with extension teaching.

The main foods frozen in the county are respectively:

1. Meats
2. Poultry

3. Vegetables when available
4. Some fruits when available
5. Planned left overs
6. Breads and rolls

The freezing of meat has become even more popular during the last six months because Yavapai County now has a slaughter house just outside Prescott. This slaughter house and wholesale meat plant has made it possible for many people to buy meats reasonably priced in quantities suitable for freezing.

Home freezers have really been a boon to the nutritional status of rural and semi-rural people.

HEALTH AND SAFETY:

Health is an integral part of the entire Home Demonstration program. All phases of homemaking (nutrition, clothing and home management) are important contributing factors to good or bad health.

This year (1955) the Home Demonstration program accomplished a great deal in specific health work. The aims of the health program for 1955 were to:

1. Achieve better management of sickness and accidents in the home.
2. Better prepare the homemaker for emergencies in the home.
3. Teach simple but important home nursing techniques.
4. Remove the fear and "stigma" attached to the term "mental illness."
5. Encourage the recognition of "mental illness" as a curable disease.

Simple Home Nursing

The Yavapai County School nurse gave lectures and demonstrations on simple home nursing. Some of the processes taught were:

1. Correct method of taking a temperature and reading the thermometer.
2. How to make a bed with a patient in it.
 - a. Safe and unsafe method of handling bed linen.
 - b. Safe and unsafe way of treating the patient.
3. Sanitary procedure for Kleenex and other scrap disposal.
4. How to put on a sling and bandage.
5. Sanitary-semi-isolation practices for the sick room.

All of the women indicated that they benefited from these demonstrations. A knowledge of home care of the sick is applicable in every home at some time or other.

Mental Health

The Verde Valley Mental Health unit has really started to function. Since the first of the year they have worked out their organization divided into four units. The whole is combined under one name the Valley Action Committee. The teenage recreation unit has planned, arranged for, equipped and supervises a skating rink in the Cottonwood area. They are now planning for an addition to the skating rink building for a library, reading room, and an indoor games room. In time they hope to expand their facilities to include shops and work rooms. The work that is being sponsored by homemakers throughout the Verde Valley is in keeping with the aim of the entire family working and playing together.

The Mental Health Leaders in the Valley feel that through definite concrete results such as the skating rink they can eventually wipe out the general fear and prejudice of the words "Mental Health."

The really big accomplishment of the Verde Action Committee was to work out a plan with the County Superintendent of Schools, the Board of Supervisors and the Prescott Superintendent of Schools for a full time specialist in Mental Health, Dr. Richard A. Parry, Psychologist was so employed. His services are available to the agent for homemakers' lectures and consultations. Of course, his primary duty is to the youth of Yavapai County but in many cases his efforts with the youth will be much more effective if he talks with and knows their parents. All homemakers' clubs have requested that Dr. Parry talk to their group in 1956.

An incident occurred at the Bi-County Program Planning meeting which shows the eagerness with which the women listened to his talk. Dr. Parry was scheduled to talk for one-half hour just before lunch. He talked one hour. None of the women even noticed that it was a way past lunch time. The agent feels confident that Dr. Parry with his easy personality and ability to express himself in his chosen field, "Mental Health" will be a worthwhile addition to Yavapai County.

Chest X-Ray

Yavapai County homemakers assisted with the clerical work of the mobile unit chest x-ray when it was in their areas. Since Arizona has such a high incidence of tuberculosis, conscientious homemakers make every effort to see that their entire family is x-rayed annually.

Cancer

Members of homemakers' clubs furnished volunteer workers and some money to the cancer drive.

Crippled Children - Poilo

This year, as in the past, the homemakers contributed generously of their money, time and effort to the polio drive. Two clubs actively sponsored the March of Dimes dances in their communities.

Red Cross

At the request of the regional Red Cross Supervisor, the agent endeavored to interest homemakers in both the Leader and Club member Red Cross Home Nursing course. Members indicated a mild interest in the course if it could be given in a concentrated form in their own area. None of the homemakers felt that they could make the trip across the mountain (Mingus) to attend classes of this nature. A few of the homemakers of Humboldt and Chino Valley participated in the member but not leader home nursing courses. The agent is disappointed with this situation.

RECREATION AND COMMUNITY LIFE:

"Happiness through Family Unity" is the aim of the agent and homemakers. The majority of planned recreation is adaptable to family participation.

Homemakers' clubs have some sort of recreation at each meeting. Types of recreation are:

1. Songs
2. Games
3. Auctions
4. Refreshment

The agent encourages songs and games because of their group participation spirit. This year our State Home Demonstration Leader introduced a more or less new method of song leading and of learning songs. The State Home Demonstration Leader had recordings made of some of the songs in "Arizona Sings." Using these recordings for tune, timing, words and leadership, Miss Stewart successfully led group singing. The women got a "big kick" out of this method of song leading. They voted that they would like to have similar records.

Two county-wide recreational events were held this year. They were:

1. The recreation portion of the Bi-County Home Demonstration Program Planning meeting. Songs, "good eats" and entertainment were included in the program.
2. This year saw the meeting of the third annual Bi-County Homemakers family picnic. Seventy-five homemakers and their children attended. New and old games seemed to be the order of the day along with delicious food. Homemakers and their children seemed to enjoy both.

Because the county is divided in two by Mingus Mountain it is difficult to hold many county-wide social events. The values of social events are many fold. Some of them are:

1. They help rural women become better acquainted with each other and thus makes it easier for them to work and plan together.

2. They foster community pride in the community, etcetera accomplishments.
3. They make possible an exchange of ideas by the homemakers.

EXTENSION INFORMATION:

Newspapers

The agent does not have a news column. However, any articles and/or news releases submitted by the agent are printed in any of the three papers in the county. The agent makes good use of any of the special Home Economics news releases sent her from the State office. All that are applicable to this area are printed.

Bulletins and Mimeographs

The mimeograph bulletin on "Yeast Breads and Rolls" printed last year (1954) is nearly exhausted. However, high hopes are held by the agent for the speedy release of a "Yeast and Bread Making Bulletin" in printed form. Just this morning proofs for this bulletin came to the agent's desk.

The "High Altitude" cake making bulletin was completed and printed this year. The agent was delighted with the set-up and decoration on this bulletin. The State Information office did an excellent job. Copies of this bulletin are included under the nutrition phase of this report.

Other Mimeograph

An incredible amount of home economics specialized mimeograph material is gotten out by the agent and the county secretary. Each project for every year requires three hundred copies of mimeograph each of which is from three to six pages long. Copies of some of this material will be found included in this report.

Bulletins and Mimeograph - Miscellaneous

Bulletins and mimeograph material are distributed by both the agent and the county office as requested. Requests come to the agent through personal contact, letter and telephone.

Photographic

The agent took and used about one hundred colored slides this year. Most of these pictures were of 4-H events.

Visual Aids

Movies, colored slides, flannel graphs and other types of visual aids were used extensively by the agent.

MISCELLANEOUS:

County Fair

This year the Yavapai County Fair was successful. The grounds and buildings were improved. A new building was erected to house the school, agricultural and community exhibits. This freed the old, long building for the live-stock exhibits. Both 4-H and open class livestock were housed in the above mentioned building. An addition to the fair this year was a large tent to house commercial exhibits. This tent also included a stage from which there were a number of specialty acts. Added to this year's (1955) fair was the midway operated by local organizations. From reports received by this agent most of the organizations did not make a great deal of money but the midway added color to the fair-grounds.

Home Economics exhibits at the Yavapai County Fair this year were good. The quality seems to be improving annually. Homemakers are learning what is considered good and why.

It is recommended by both the judges and the women in charge that some effort be made to speed up the judging of exhibits next year. There are two alternatives: First, have more judges and second, judge prior to the fair opening dates and time. At the moment the agent cannot tell exactly what the final decision as to how to proceed will be. However, it will probably be an earlier judging date and time.

This year (1955) one day of the Yavapai County fair was dedicated to Mr. E. S. Turville, man of the year. As we in Arizona know, Mr. Turville is regarded as the outstanding county agent of the State. Mr. Turville is and for some time has been retired and continuing to make his home in Prescott. The tributes paid Mr. Turville by the Agricultural Extension Service, the Yavapai Cattle Growers, the Prescott Garden Clubs and the Yavapai County Fair were noteworthy. His leadership abilities were expounded and publicly recognized. We were and are all proud of Mr. Turville.

Yavapai Calf Sale

The annual Cattle Growers calf sale and barbecue was held this year. The agent attended and assisted with the serving of the lunch. Great improvement has been made during the last two years in the actual serving. By adding additional serving tables we have been able to decrease the

serving time from 2½ hours to about 55 minutes. This decrease in serving time has done a great deal to improve the entire calf sale. The Cowbelles are in charge of the actual serving. Approximately one thousand people were present for this year's barbecue.

The University of Arizona bought the calves this year for experimental feeding tests. The agent heard many favorable comments of the University's action.

Cowbelles

The agent attends as many of the Yavapai County Cowbelle meetings as possible. She assists them with many of their problems as they arise.

The Cowbelles have made a determined effort to get young cattle women to attend meetings and participate in the programs. One of the motivating forces which they have used is to employ a qualified baby sitter to take care of young children from 10 A. M. until the meeting is over after lunch. This plan has made it possible for more ranchers' wives to attend meetings. It has also been an educational experience for the children. They have had the opportunity to learn to play with other children.

The Cowbelles have many worthwhile projects. Some of their projects are to:

1. Send a Yavapai County girl to Girls State.
2. Present medals to winning 4-H club girls at County Fair time.
3. Promote the "Eat Beef Keep Slim" project of all cattle growers.
4. Sponsor, prepare and give a radio program on Early Arizona. (Public Relations).

OUTLOOK AND RECOMMENDATIONS:

The outlook for the Home Demonstration program in Yavapai County for 1956 is good. There is a place for two new organizations in the county, however, to date such organizations have not been possible.

Participation in the Home Demonstration program in both the Verde Valley and Chino Valley communities has been good. These groups are all influential in their communities. The Humboldt-Dewey Homemakers have almost "fallen by the wayside" this year. This group does a great deal of community service but its just a few people involved.

It's felt by the agent that the Home Demonstration program is becoming more and more influential in the homes of rural people as well as urban peoples in Yavapai County.